



Frequently Asked Question's

Please note that you should consult with your medical doctor before taking anything over the counter or otherwise.

I. Diagnosis Specific

A. Breast Cancer

- What over the counter herbs are available for women who cannot take hormone replacement?
 - Revival product with genistein, other products with genistein—Genistein, a soy isoflavones, is thought to be responsible for the protective effects of soy.
 - black cohosh— often referred to as a "woman's remedy" because it is used primarily to relieve premenstrual discomfort, menstrual cramps, and symptoms associated with menopause such as hot flashes. There is some evidence that black cohosh is effective in relieving menopausal symptoms. It also appears to have some estrogen-like effects but the mechanism of action is not understood. There is no evidence that it is effective in treating cancer and should not be used for more than six consecutive months.
 - wild yam cream—although creams containing wild yam extracts are becoming popular among women as an alternative to hormone replacement therapy (HRT), there is no scientific evidence that they are safe or effective. Proponents say that using the cream as an alternative to HRT will significantly lower the risk of breast and endometrial cancer.
 - Vit E for hot flashes - not an herb, but can be helpful

For more information refer to one of the following resources:

- 1.) <http://cancer.org>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Herbs, Vitamins, and Minerals
 - Click Black Cohosh, Wild Yam, and Vitamin E
 - To find genistein, go to Complementary and Alternative Therapies
 - Click Diet and Nutrition
 - Click Soybean
- 2.) *Encyclopedia of Herbs & Their Uses* by Brown, D: New York, NY: DK Publishing Inc; 1995.
- 3.) *Wild yam cream, diosgenin, and natural progesterone: What can they really do for you?* by Fugh-Berman, A.: National Women's Health Network, The Network News. January 1, 1999
- 4.) *Professional's Handbook of Complementary and Alternative Medicines* by Fetrow CW, Avila JR. Springhouse, Pa: Springhouse Corp; 1999.

- What is Soy?

Soy food products contain large amounts of a class of plant estrogens known as isoflavones. It is important to understand that the biological action of isoflavones is still not fully understood. While there is little danger in eating a lot of soy foods, taking isoflavone supplements has not been studied and may be dangerous.

For more information refer to one of the following resources:

- 1.) <http://content.health.msn.com/content/article/1680.52620>
- 2.) *Well-Connected Report: Menopause, Estrogen Loss and Their Treatments* by arrangement from © 2001 Nidus Information Services, Inc., March 2001.
- 3.) *Inconclusive Isoflavones* by Rebecca Voelker. JAMA. 2000 Dec 27; 284(24).

B. Prostate Cancer

- Dietary recommendations during hormonal treatment?
 - According to the National Cancer Institute, some hormonal treatments can cause nausea or vomiting. If this is the case, then small, frequent meals, dry foods (crackers, toast), liquids between meals instead of with meals.

For more information refer to one of the following resources:

- 1.) www.cancerlinksusa.com
 - Click Prevention
 - In the upper right hand corner, search for keywords: "Clinical Nutrition"
 - Click on Eating with Cancer
 - Click "A Nutritional Program for Cancer Patients"
- 2.) *Beyond Vitamins, the New Nutrition Revolution*, April 1999
- 3.) *Consumer Reports on Health*, March 1999, pp. 8-9

- Can substances like lycopenes, Vitamin E and selenium help treat prostate cancer?
 - **Lycopenes** is the compound that gives tomatoes and certain other fruits and vegetables their color. Diets rich in tomatoes appear to have a lower risk of certain types of cancer, especially cancers of the prostate, lung, and stomach. Further research is needed to determine what role, if any, lycopene has in the prevention or treatment of cancer.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Diet and Nutrition
 - Click Lycopenes
- 2.) *The potential role of lycopene for human health* by Gerster H. Journal of American Coll Nutrition. 1997;16:109-126.

- **Vitamin E** is an antioxidant. A review of epidemiological research reported some protective effects of vitamin E against several cancers. They found that in randomized clinical trials, there were modest protective effects of vitamin E against prostate cancer.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Herbs, Vitamins, and Minerals
 - Click Vitamin E
- 2.) *Vitamins A and E: further clues for cancer prevention* by Olson KB, Pienta KJ. Journal of the National Cancer Institute 1998;90:414-415.

- **Selenium** shows promise as a nutrient that may prevent the development and progression of cancer. It protects the body against cancer by causing cancer cells to die before they have a chance to grow and spread; however, this has not yet been proven. A small amount of selenium is all the human body needs, and large amounts in supplement form can be toxic.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Herbs, Vitamins, and Minerals
 - Click Selenium
 - 2.) *Lessons from basic research in selenium and cancer prevention* by Ip C. Journal of Nutrition. 1998;128:1845-1854.
 - 3.) *Chemopreventive agents: selenium* by Combs GF Jr, Gray WP. Pharmacology Therapy. 1998;79:179-192.
- Healthy men age 55 and older are presently being sought for the largest-ever prostate cancer prevention study known as SELECT. SELECT will determine if the dietary supplements Vitamin E and Selenium can protect against prostate cancer. The study will include a total of 32,400 men. For more information on the SELECT trial, contact the Southwest Oncology Group at 210-677-8808 or visit their web site at <http://swog.org/>
 - Click SELECT (middle of page)

➤ What about low fat diet as treatment for prostate cancer?

- A low fat diet is recommended in prostate cancer. It has been found that populations consuming a higher fat diet have a higher incidence of prostate cancer than those that consume a lower fat diet. Research has also claimed that diets high in vegetable oils and saturated animal fats can worsen prostate cancer.

For more information refer to one of the following resources:

- 1.) Visit Cancer Treatment Centers of America at: www.brachytherapy.com
 - Click on Prostate Cancer
 - Click Nutrition
- 2.) *Food, Nutrition and the Prevention of Cancer: A Global Perspective*. American Institute for Cancer Research & World Cancer Research Fund, 1997.
- 3.) *Eating Well Through Cancer* by Clegg and Miletello. The Whimmer Co., 2001.
- 4.) *Cancer Survivor's Nutrition and Health Guide*. Spiller and Bruce. Prima Publishing, 1997

➤ Is saw palmetto useful in treating prostate cancer?

- Saw palmetto is not effective as a treatment for prostate cancer, but may aid in relieving some of the symptoms of an enlarged prostate gland, which include difficult and frequent urination.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Herbs, Vitamins, and Minerals
 - Click Saw Palmetto
- 2.) *Saw palmetto extracts for treatment of benign prostatic hyperplasia A systematic review* by Wilt TJ, Ishani A, Stark G, MacDonald R, Lau J, Mulrow C. JAMA. 1998;280:1604-1609.

II. Nutrition

➤ Are there cookbooks available for cooking plant-based meals?

- Registered Dietitians from The University of Texas M. D. Anderson Cancer Center, Dana Farber Cancer Institute, and others suggest the following books:
 - The Greens Cookbook* by Deborah Madison, Broadway Books. 2001.
 - Moosewood Collective*, by Simon and Schuster, 1994
 - Moosewood Restaurant Cooks at Home*
 - Vegetarian Cooking Under Pressure* by Lorna Sass

- Is organic produce better than produce grown with synthetic pesticides?
 - Organic fruits and vegetables have fewer pesticide residues than non-organic produce, they have lower levels of pesticides, and they have much less overall pesticide toxicity than fruits and vegetables grown with chemicals.

For more information refer to one of the following resources:

- 1.) "Are Organic Foods As Good As They're Grown?" available at:
<http://www.consumersunion.org/food/organicny698.htm>
- 2.) To request a printed version of *Are Organic Foods As Good As They're Grown? A Landmark Consumer Reports Study*. December 15, 1997, please contact:
 Linda Wagner
 Office of Public Information (OPI)
 Consumers Union of U.S., Inc.
 101 Turman Avenue
 Yonkers, NY 10703
 (914) 378-2000
 (914) 378-2992 (fax)

- Laboratory studies show that pesticides can cause health problems, such as birth defects, nerve damage, cancer, and other effects that might occur over a long period of time.

For more information refer to one of the following resources:

- 1.) Available at the United States' Environmental Protection Agency website:
<http://www.epa.gov/pesticides/food/risks.htm>
- 2.) "*Citizens Guide to Pest Control and Pesticide Safety*" (EPA 730-K-95-001, Sept. 1995) may also be obtained from The National Service Center for Environmental Publications (NSCEP) via their website at <http://www.epa.gov/ncepihom/>
 - click "search the catalogue
 - type 730K95001 in the EPA publication number
- 3.) National Service Center for Environmental Publications can be reached at 1-800-490-9198
 - Ask for a copy of the "*Citizens Guide to Pest Control and Pesticide Safety*" (EPA 730K95001)

- Which is better, fresh, frozen or canned fruits and vegetables?
 - Frozen and canned fruits and vegetables are nutritionally adequate alternatives to fresh produce. For general health, fresh vegetables are best, frozen second best, and canned vegetables have high sodium levels and have lost many nutrients due to the cooking and preservation process. Of course it really depends on whether you're getting **fresh** fruits and vegetables - sometimes frozen vegetables/fruits can be superior to fresh when the "fresh" have been sitting around for a while.

For more information refer to one of the following resources:

- 1.) <http://content.health.msn.com/content/article/1671.52041>
- 2.) *Eating Well Through Cancer* by Clegg and Miletello. The Whimmer Co., 2001.

- Should I eat my vegetables raw or cooked?
 - Uncooked fruits and vegetables pack more of a nutritional punch than their cooked counterparts. Researchers have found that a diet rich in raw vegetables can lower your risk of breast cancer, while eating lots of fruit can reduce your risk for developing colon cancer.

For more information refer to one of the following resources:

- 1.) <http://www.health.msn.com>
 - Search keywords "raw foods AND Karras"
 - Click Eating Raw Foods (January 7, 2001)
- 2.) *Food, Nutrition and the Prevention of Cancer: a Global Perspective*. American Institute for Cancer Research & World Cancer Research Fund, 1997.

- What are antioxidants?
 - Antioxidants are a normal part of the human diet and protect against cell damage by guarding normal, healthy cells from reactive oxygen species, also known as ROS. Antioxidants act like vacuum cleaners within the body, removing reactive oxygen species. Check with your physician to see if your chemotherapy utilizes reactive oxygen species or might otherwise be compromised by antioxidant vitamins.

For more information refer to one of the following resources:

- 1.) M.D. Anderson Cancer Center, Department of Clinical Nutrition at:
<http://www.mdanderson.org/departments/nutrition/>
 - Click on Complementary Therapies
 - Click Antioxidants Vitamins/Minerals
- 2.) *The Health Professional's Guide to Popular Dietary Supplements* by Sarubin. The American Dietetic Association, 2000.

III. Vitamins, Supplements, Herbs

Please Note:

This information is current as of May 31, 2002. Since more and more is being learned about the effects and interactions of herbal remedies and nutritional supplements and how they may work, please check into these further if you are considering using herbal remedies.

Quality Control should be considered as this is more difficult to achieve since nutritional supplements are not currently regulated for quality in any way comparable to the pharmaceutical industry.

- What is the difference between vitamins/supplements/herbs? Where can I find a list of the different vitamins, supplements, and herbs?

For more information refer to one of the following resources:

- 1.) The American Cancer Society's website available at: <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Herbs, Vitamins, and Minerals
- 2.) *The New Encyclopedia of Vitamins, Minerals, Supplements, and Herbs* by Nicole Reavley. M. Evans Publishing Company, 1999.
- 3.) *Prescription for Nutritional Healing: A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs, and Food Supplements* by Phyllis Balch and Joseph Balch. Avery Penguin Publishing Company, 2000. Third Edition.

- What are phytochemicals?
 - Some scientists estimate that people can reduce their risk of cancer by 30% to 40% simply by eating more foods containing phytochemicals, which are present in virtually all of the fruits, vegetables, legumes (beans and peas), and grains we eat. There is some evidence that phytochemicals may help prevent the formation of potential cancer-causing substances (carcinogens), block the action of carcinogens on their target organs or tissue, or act on cells to suppress cancer development.

For more information refer to one of the following resources:

- 1.) The American Cancer Society's website: <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Herbs, Vitamins, and Minerals
 - Click Phytochemicals
- 2.) *Dietary isoflavones: biological effects and relevance to human health* by Setchell KDR, Cassidy A. Journal of Nutrition. 1999;129:758S-767S.

- What about aloe Vera tablets/capsules?
 - T-UP (concentrated aloe) has been promoted, in liquid form, to be taken either orally or injected directly into the tumor or bloodstream. Practitioners give T-UP injections to people with advanced cases of cancer. Aloe injections are illegal in the United States.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Herbs, Vitamins, and Minerals
 - Click Aloe
- 2.) *The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines* edited by Blumenthal M. Austin, TX: American Botanical Council; 1998.

- Can it hurt me to take shark cartilage during therapy?
 - Shark Cartilage is believed to prevent or slow the formation of new blood vessels that tumors need to grow. However, shark cartilage may contain additives, fillers, and contaminants that may cause diarrhea in some patients, affecting an individual's ability to tolerate conventional cancer treatments.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Pharmacological and Biological Treatment
 - Click Shark Cartilage
- 2.) *Alternative Medicine: Expanding Medical Horizons. A Report to the National Institutes of Health on Alternative Medical Systems and Practices in the United States*. Washington, DC: US Government Printing Office; 1994. NIH publication 94-066.

- Information on the results of clinical trials using supplements, herbs, etc.
 - 1.) *The effect of nutritional supplements on food intake in patients undergoing radiotherapy* by McCarthy D, Weihofen. *Oncology Nurse Forum*; 26(5):897-900 1999 UI: 99311197
 - 2.) *Unsafe and potentially safe herbal therapies* by Klepser TB, Klepser ME. *American Journal of Health System Pharmacy*. 1999 Jan 15;56(2):125-38; quiz 139-41. PMID: 10030529 [PubMed - indexed for MEDLINE]

- How can I know what is up-to-date information about herbs or nutritional supplements I am considering?
 - For information regarding this topic, use the following resources:
 - 1.) www.consumerlab.com
 - 2.) National Center for Complementary and Alternative Medicine (NCCAM) website at www.nccam.nih.gov
 - 3.) *American Cancer Society's Guide to Complementary and Alternative Cancer Methods*. The American Cancer Society, 2000.
 - 4.) *Herbal Medicine: Expanded Commission E Monograph* edited by Mark Blumenthal and Alicia Goldberg. TX, American Botanical Council, 2000.
 - 5.) *PDR for Herbal Medicine*. NJ, Medical Economics Company, Five Paragon Drive, Montvale, 1999. Second Edition.

- Is it safe to take ginkgo biloba?
 - Ginkgo biloba has been found to increase the risk of bleeding. It is strongly suggested that people undergoing treatment for cancer speak with their physician about the use of all herbal products in order to prevent potentially serious problems.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Herbs, Vitamins, and Minerals
 - Click Ginkgo
- 2.) *Herbal medicinals: selected clinical considerations focusing on known or potential drug-herb interactions* by Miller LG. Arch Internal Medicine. 1998;158:2200-2211.

IV. Alternative Medical Systems

- What is Traditional Chinese Medicine?
 - Traditional Chinese medicine is a complete system of health care that has been in use for thousands of years, in order to prevent as well as to treat illness. A variety of methods are used in an attempt to re-establish yin-yang balance so that qi (chee') can flow smoothly and unblocked.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Manual Healing and Physical Touch
 - Click Acupuncture, Moxibustion, Cupping, Reiki, and Massage (to name a few)
- 2.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Mind, Body, and Spirit
 - Click Qigong or Tai Chi (to name a few)
- 3.) <http://www.cancer.org>
 - Search keywords: Traditional Chinese Medicine
 - Click ACS: Chinese Herbal Medicine
- 3.) *Alternative Medicine: Expanding Medical Horizons. A Report to the National Institutes of Health on Alternative Medical Systems and Practices in the United States*. Washington, DC: US Government Printing Office; 1994. NIH publication 94-066.

V. Touch Therapy

- What is touch therapy?
 - Touch Therapy is the simple form of touch with the intent to heal. It is effective in relieving pain in cancer patients.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Manual Healing and Physical Touch
 - Click Therapeutic Touch, Massage, Reflexology, Myotherapy, and Bodywork

2.) *The Alternative Medicine Handbook* by Cassileth B. New York, NY: W. W. Norton & Co; 1998.

VI. Mind, Body, and Spirit

- For general information visit the American Cancer Society's web page <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Mind, Body, and Spirit
- Are there any studies of prayer and long distance healing?
 - Spirituality is an important aspect of healthcare that has been frequently overlooked. Spirituality is often confused with religion when, in fact, spirituality is not so much connected to a specific system of belief or worship as it is with the spirit or the soul and our search for meaning, values and purpose in life.

For more information refer to one of the following resources:

- 1.) <http://www.mayo.edu>
 - Search with keyword: Prayer
 - Select Spirituality and Chronic Pain (February 2002)
- 2.) American Cancer Society's website at: <http://www.cancer.org>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Mind, Body, and Spirit
 - Click Spirituality and Prayer
- 3.) *Body, mind and spirit: towards the integration of religiosity and spirituality in cancer quality of life research* by Mytko JJ, Knight SJ. *Psychooncology*. 1999;8:439-450.

- What is yoga?
 - There are different variations and aspects of yoga. There are many different types of yoga, including mantra, hatha, shiva, dissha, and bhakti. The most common form of yoga involves the use of movement, breathing exercises, and meditation to achieve a connection with the mind, body, and spirit.

For more information refer to one of the following resources

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Mind, Body, and Spirit
 - Click Yoga
- 2.) *Yoga and meditation* by Taylor E. *Alternative Therapy Health Medicine*. 1995;1:77-78.

- Does hypnosis help nausea?
 - Numerous reports demonstrate that hypnosis can help patients reduce blood pressure, stress, anxiety, and pain. Some research has also demonstrated that hypnosis can be used to control nausea and vomiting caused by chemotherapy.

For more information refer to one of the following resources:

- 1.) <http://www.cancer.org/>
 - Click on Patients, Family, and Friends
 - Click Preparing for Treatment
 - Click Making Treatment Decisions
 - Tool bar on left, Click Complementary and Alternative Therapies
 - Click Mind, Body, and Spirit
 - Hypnosis
- 2.) *The use of hypnosis with cancer patients* by Levitan AA. *Psychiatry Medicine*. 1992;10:119-131.

IX. General

- Is there a quick reference for interactions between herbs and medications?
 - *Physician's Desk Reference 2002*. NJ, Medical Economics Company, Five Paragon Drive, Montvale, 2002. 56th Edition.
 - *Physician's Desk Reference for Herbal Medicines*. NJ, Medical Economics Company, Five Paragon Drive, Montvale, 1999. Second Edition.
 - *Physician's Desk Reference for Non-Prescription Drugs and Supplements*. NJ, Medical Economics Company, Five Paragon Drive, Montvale, 2001. 22nd Edition.
- What can I do for myself to assist in the healing process?
 - The National Cancer Institute has a list of 4 steps to help yourself during chemotherapy
 - 1) Tell your doctor if you get side effects from treatment
 - 2) Ask your doctor before you take any other medicines
 - 3) Take care of your health
 - 4) Talk about your feelings

For more information refer to one of the following resources:

- 1.) <http://www.nci.nih.gov/>
 - Click Cancer Information
 - Click Treatment
 - Under General Information, Click Types of Treatment
 - Under Chemotherapy, Click Helping Yourself During Chemotherapy
 - 2.) Call the National Cancer Institute at 1-800-4-CANCER (1-800-422-6237) for a copy of Helping Yourself During Chemotherapy.
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- How can I find out more about CAM therapies?
 - 1.) Complementary and Integrative Medicine Education Resource
<http://www.mdanderson.org/CIMER>
 - 2.) National Center for Complementary and Alternative Medicine
<http://nccam.nih.gov/>
 - 3.) Longwood Herbal Task Force
<http://www.mcs.edu/herbal/default.htm>
 - 4.) Commonweal Home Page
<http://commonweal.org>
 - 5.) Cancer Guide: Alternative Therapies
<http://cancerguide.org/alternative.html>
 - 6.) Ask Dr. Weil
<http://www.pathfinder.com/drweil/>
 - 7.) Ralph Moss on Cancer
<http://www.ralphmoss.com>
 - 8.) *Choices in Healing* by Michael Lerner, Ph.D. Cambridge: MIT Press, 1994.
 - 9.) *Options: The Alternative Cancer Therapy Book* by Richard Walters. Garden City Park, NY: Avery Publishing Group Inc., 1993.
 - 10.) *Cancer Therapy: The Independent Consumer's Guide to Non-Toxic Treatment and Prevention* by Ralph W. Moss Ph.D. New York, NY: Equinox Press, 1992.
 - 11.) *The Healthy Kitchen Recipes for a Better Body, Life, and Spirit*, by Andrew Weil and Rosie Daley.
 - What are common side effects of chemotherapy?
 - Some of the common side effects of treatment include fatigue, constipation, fever, chills, sweats, nausea, vomiting, depression, hair loss, sexuality and reproductive issues.

For more information refer to one of the following resources:

- 1.) The National Cancer Institute's web site:
<http://www.nci.nih.gov/>
 - Click Cancer Information
 - Click Coping with Cancer
 - Under Pain, Click Pain Control: A Guide for People with Cancer and Their Families
 - OR under Chemotherapy, Click Chemotherapy and You

- 2.) A copy of Pain Control: A Guide for People with Cancer and Their Families can be obtained by calling the National Cancer Institute at 1-800-4-CANCER (1-800-422-6237)
- 3.) American Cancer Society web site:
<http://www.cancer.org>
 - Link to Understanding Chemotherapy
- 4.) To talk with someone with American Cancer Society please call the national number at (1-800-ACS-2345)

- Are there any guidelines for reviewing the credibility of a website?
 - Yes, the National Cancer Institute lists 10 things to know about evaluating medical internet resources:
 - 1) Who runs this site?
 - 2) Who pays for the site?
 - 3) What is the purpose of this site?
 - 4) Where does the information come from?
 - 5) What is the basis of the information?
 - 6) How is the information selected?
 - 7) How current is the information?
 - 8) How does the site choose links to other sites?
 - 9) What information about you does the site collect, and why?
 - 10) How does the site manage interactions with visitors?

For more information refer to one of the following resources:

- 1.) National Center for Complementary and Alternative Medicine at: <http://www.nccam.gov/>
 - Click on Consumers and Practitioners
 - Click on Fact Sheets
- 2.) Evaluating Health Web Sites at: www.nlm.gov
 - Click the South Central Region on the map (this includes Texas, Oklahoma, New Mexico, Louisiana, and Arkansas)
 - Click Resources in the column on the left
 - Click Outreach Evaluation Resource Center
 - Click Measuring the Difference: Guide to Planning and Evaluating Health Information Outreach (PDF)
- 3.) Health on the Net Code of Conduct at: <http://www.hon.ch/home.html>
 - Click on HONcode, code of conduct
 - Click on Principles in the column on the left
- 4.) Evaluating Medical Information on the Internet at:
<http://www.uchsc.edu/library/outreach/eval.html>
 - To obtain a free copy of Measuring the Difference: Guide to Planning and Evaluating Health Information Outreach (PDF), please email nnlm@u.washington.edu, include name and mailing address or call 1-800-338-7657.